East Coast Show of Strength

Port City Sports Performance, Wilmington, NC

4-Mar-23

Meet Results - Kilos

a c	Name	Sex	Age	State	Equip.	Division	BWgt-Kg	WgtClass-Kg	Squat1 Kg	Squat2 Kg	Squat3 Kg	Best3SquatKg	Bench1 Kg	Bench2 Kg	Bench 3Kg	Bench 4Kg	Best3BenchKg	Deadlift 1Kg	Deadlift 2Kg	Deadlift 3Kg	Deadlift 4Kg	Best3DeadliftKg	TotalKg
1	**EMILY LILLY**	F	43	NC	Bare	M1-T	66.7	68	147.5	155	162.5	162.5	100	105	-107.5		105	152.5	160	165		165	**432.5**
1	**LINSAY FINCH**	F	24	NC	Bare	N-X	112.5	90	102.5	-155	-182.5	102.5	62.5	70	80		80	95	115	140		140	**322.5**
1	**EMILY LILLY**	F	43	NC	Bare	O-T	66.7	68	147.5	155	162.5	162.5	100	105	-107.5		105	152.5	160	165		165	**432.5**
1	**KRISTIE JOHNSTON**	F	34	NC	Wraps	O-T	79.3	83	135	142.5	155	155	85	92.5	95		95	-142.5	155	167.5		167.5	**417.5**
1	**TERRANCE JONES**	M	44	NC	Bare	M1-T	81.2	83	195	-212.5		195	115	120	-125		120	190	212.5	227.5		227.5	**542.5**
1	**RICHARD UNG**	M	33	NC	Bare	N-X	72.2	75	142.5	150	170	170	125	130	-137.5		130	170	182.5	200		200	**500**
1	**TERRANCE JONES**	M	44	NC	Bare	O-T	81.2	83	195	-212.5		195	115	120	-125		120	190	212.5	227.5		227.5	**542.5**
1	**WILLIAM HOWARD**	M	39	NC	Bare	O-U	82.4	83	217.5	230	-235	230	172.5	185	190		190	230	235	-250		235	**655**
1	**BRANDON ENOCH**	M	24	NC	Bare	O-U	102.51	110	195	205	215	215	140	147.5	155		155	257.5	272.5	282.5		282.5	**652.5**
1	**TATE WHITEHEAD**	M	15	NC	Bare	T1-X	74.7	75	152.5	170	-180	170	87.5	97.5	-102.5		97.5	162.5	175	187.5	192.5	187.5	**455**
1	**WILL TERRELL**	M	16	NC	Bare	T2-X	79.65	83	150	162.5	-177.5	162.5	100	107.5	110		110	155	167.5	175		175	**447.5**
1	**FLETCHER BRADLEY**	M	16	NC	Bare	T2-X	87.9	90	155	170	182.5	182.5	90	97.5	102.5		102.5	160	170	187.5		187.5	**472.5**
1	**JACOB SINK**	M	32	NC	Wraps	O-T	124.82	125	285	-302.5	-302.5	285	167.5	-182.5	-182.5		167.5	282.5	-295			282.5	**735**
1	**BRANDON BATCHELOR**	M	18	NC	Wraps	T3-X	135.7	140	195	215	-227.5	215	110	122.5	-137.5		122.5	177.5	190	-197.5		190	**527.5**
NS	**ALEXANDER GRASS**	M	37	NY	Bare	S-U																	
1	**CHARLES HARVEY**	M	65	NC	Bare	M6-U	113	125					130	145	147.5	-150	147.5						**147.5**
1	**JACOB SINK**	M	32	NC	Wraps	O-T	124.82	125										282.5	-295			282.5	**282.5**
									Curl1Kg	Curl2Kg	Curl3Kg		Best Curl										
1	**OLIVER GEORGE**	M	56	VA	Bare	O-U	113.2	125	54.4	63.5	-72.6		63.5										**63.5**
1	**OLIVER GEORGE**	M	56	VA	Bare	MFP-U	113.2	125	54.4	63.5	-72.6		63.5										**63.5**
1	**OLIVER GEORGE**	M	56	VA	Bare	M4-U	113.2	125	54.4	63.5	-72.6		63.5										**63.5**

Meet Results - Pounds

a c	Name	Sex	Age	State	Equip.	Division	BWgt-Lb	WgtClass-Lb	Squat1 Lb	Squat2 Lb	Squat3 Lb	Best3SquatLb	Bench1 Lb	Bench2 Lb	Bench 3Lb	Bench 4Lb	Best3BenchLb	Deadlift 1Lb	Deadlift 2Lb	Deadlift 3Lb	Deadlift 4Lb	Best3DeadliftLb	TotalLb
1	**EMILY LILLY**	F	43	NC	Bare	M1-T	147.05	148	325.18	341.71	358.25	358.25	220.46	231.48	-236.99		231.48	336.20	352.74	363.76		363.76	**953.49**
1	**LINSAY FINCH**	F	24	NC	Bare	N-X	248.02	198	225.97	-341.71	-402.34	225.97	137.79	154.32	176.37		176.37	209.44	253.53	308.64		308.64	**710.98**
1	**EMILY LILLY**	F	43	NC	Bare	O-T	147.05	148	325.18	341.71	358.25	358.25	220.46	231.48	-236.99		231.48	336.20	352.74	363.76		363.76	**953.49**
1	**KRISTIE JOHNSTON**	F	34	NC	Wraps	O-T	174.82	181	297.62	314.16	341.71	341.71	187.39	203.93	209.44		209.44	-314.16	341.71	369.27		369.27	**920.42**
1	**TERRANCE JONES**	M	44	NC	Bare	M1-T	179.01	181	429.90	-468.48		429.90	253.53	264.55	-275.58		264.55	418.87	468.48	501.55		501.55	**1196.00**
1	**RICHARD UNG**	M	33	NC	Bare	N-X	159.17	165	314.16	330.69	374.78	374.78	275.58	286.60	-303.13		286.60	374.78	402.34	440.92		440.92	**1102.30**
1	**TERRANCE JONES**	M	44	NC	Bare	O-T	179.01	181	429.90	-468.48		429.90	253.53	264.55	-275.58		264.55	418.87	468.48	501.55		501.55	**1196.00**
1	**WILLIAM HOWARD**	M	39	NC	Bare	O-U	181.66	181	479.50	507.06	-518.08	507.06	380.29	407.85	418.87		418.87	507.06	518.08	-551.15		518.08	**1444.01**
1	**BRANDON ENOCH**	M	24	NC	Bare	O-U	225.99	242	429.90	451.94	473.99	473.99	308.64	325.18	341.71		341.71	567.68	600.75	622.80		622.80	**1438.50**
1	**TATE WHITEHEAD**	M	15	NC	Bare	T1-X	164.68	165	336.20	374.78	-396.83	374.78	192.90	214.95	-225.97		214.95	358.25	385.81	413.36	424.39	413.36	**1003.09**
1	**WILL TERRELL**	M	16	NC	Bare	T2-X	175.60	181	330.69	358.25	-391.32	358.25	220.46	236.99	242.51		242.51	341.71	369.27	385.81		385.81	**986.56**
1	**FLETCHER BRADLEY**	M	16	NC	Bare	T2-X	193.78	198	341.71	374.78	402.34	402.34	198.41	214.95	225.97		225.97	352.74	374.78	413.36		413.36	**1041.67**
1	**JACOB SINK**	M	32	NC	Wraps	O-T	275.18	275	628.31	-666.89	-666.89	628.31	369.27	-402.34	-402.34		369.27	622.80	-650.36			622.80	**1620.38**
1	**BRANDON BATCHELOR**	M	18	NC	Wraps	T3-X	299.16	308	429.90	473.99	-501.55	473.99	242.51	270.06	-303.13		270.06	391.32	418.87	-435.41		418.87	**1162.93**
NS	**ALEXANDER GRASS**	M	37	NY	Bare	S-U																	
1	**CHARLES HARVEY**	M	65	NC	Bare	M6-U	249.12	275					286.60	319.67	325.18	-330.69	325.18						**325.18**
1	**JACOB SINK**	M	32	NC	Wraps	O-T	275.18	275										622.80	-650.36			622.80	**622.80**
									Curl1Lb	Curl2Lb	Curl3Lb		Best Curl										
1	**OLIVER GEORGE**	M	56	VA	Bare	O-U	250.4	275	120	140	-160		140										**140**
1	**OLIVER GEORGE**	M	56	VA	Bare	MFP-U	250.4	275	120	140	-160		140										**140**
1	**OLIVER GEORGE**	M	56	VA	Bare	M4-U	250.4	275	120	140	-160		140										**140**